



TWINSBURG WELLNESS – JANUARY 2014 – DODGE MENU



Students must select a minimum of 3 items to qualify as a reimbursable lunch! Students must take at least one fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE: \$2.75
<p>Breakfast now available daily. Click here for Breakfast Info and Menu</p>	<p>FRUIT & VEG OPTIONS: Monday, Wednesday, Friday</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots, Sliced Cucumbers w/ ranch PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass'd Can Fruit, Fresh Cantaloupe</p>		<p>100% FRUIT JUICE ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS</p> <p>FRUIT & VEG OPTIONS: Tuesday and Thursdays</p> <p>PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, LF Cole Slaw, Small Romaine Salads, Baby Carrots PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass'd Canned Fruit</p>		<p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. Reduced-price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p>
<p>6 TEACHER WORK DAY NO SCHOOL!</p>	<p>7 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS WITH CHEESE) PICK 1: Fruit Options</p>	<p>8 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>9 IT'ZA ITALIA CHICKEN PARMESAN SANDWICH or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options</p>	<p>10 BBQ RIB SANDWICH ON A W.W. HOAGIE or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (BUTTERED CORN) PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	
<p>13 SPICY OR REGULAR POPCORN CHICKEN WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>14 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>15 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Fruit Options</p>	<p>16 IT'ZA ITALIA W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options Berry & Lemon Swirl FRZ TREAT</p>	<p>17 BACON CHEESE BURGER ON A W.W. BUN or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) CALIFORNIA VEGETABLE MIX PICK 1: Fruit Options</p>	
<p>20 MARTIN LUTHER KING JR DAY NO SCHOOL!</p>	<p>21 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (CRISPY CINNAMON CHICKPEA SNACK) PICK 1: Fruit Options</p>	<p>22 GENERAL TSO'S CHICKEN w/ BROWN RICE or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ORIENTAL VEGETABLES PICK 1: Fruit Options BONUS – FORTUNE COOKIE</p>	<p>23 GRILLED CHEESE OR SLOPPY JOE ON A WW BUN or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) PICK 1: Fruit Options</p>	<p>24 6 WHOLE GRAIN MINI CORN DOGS or W.W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES FRESH STEAMED BROCCOLI PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)</p>	<p>Our menus are planned by Registered Dietitian Mark Bindus and meet the highest standards required. Our menus are planned utilizing the USDA's dietary recommendations.</p>
<p>27 SPICY OR REGULAR POPCORN CHICKEN WITH W.W.MINI HOT SOFT PRETZEL or W. W. PEP. OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>28 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / sce PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>29 (9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W. W.GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ((2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>30 IT'ZA ITALIA W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 1: Fruit Options WATERMELON FRZ TREAT</p>	<p>31 CHICKEN BACON MOZZ SUB ON WW HOAGIE or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 1: Fruit Options Bonus – Mini Rice Krispie Treat</p>	<p>ALTERNATE ENTREES Breaded Chicken Sandwiches (W.W.) Cheeseburger (W.W.) ENTRÉE SALADS W/ BREADSTICK & COLD SUB SANDWICHES OR WRAPS</p>

The USDA is an equal opportunity provider and employer.



TWINSBURG WELLNESS – DECEMBER 2013 – DODGE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LUNCH PRICE	
<p>2 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>3 TACO TUESDAYS 2 SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>4 BACON CHEESE BURGER ON A W.W. BUN or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (OVEN BAKED CURLY FRIES) (SUGAR SNAP PEA PODS) PICK 1: Fruit Options</p>	<p>5 ITZA ITALIAN MEATBALL SUB W/ CHEESE ON A WW HOAGIE BUN or WW (2) CHEESY BREADSTICKS w/ scc OR ALTERNATE ENTREE PICK 2: VEGETABLES W.W. PASTA W/ MARINARA SAUCE GREEN BEANS PICK 1: Fruit Options Bonus – Mini Rice Krispie Treat</p>	<p>6 (4) FRENCH TOAST STIX W/ SYRUP w/ 2 Slices of Fried Ham or W. W. PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (2) POTATO TRIANGLES) PICK 1: Fruit Options</p>	<p>All lunches include a Fat-free Choc, Skim or 1% Milk Milk offered for .50 cents Prepay for 5 lunches for 13.75 or 10 lunches for \$27.50. Reduced-price pre-paid lunches for \$2.00. Breakfast available daily for \$1.50 full price, .30 reduced-price, and FREE for all approved free students.</p>	
<p>9 (8) W.G. CHICKEN FRIES WITH W.W. DINNER ROLL or W. W. PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: VEGETABLES MASHED POTATOES W/GRVY PICK 1: Fruit Options</p>	<p>10 TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (REFRIED BEANS) PICK 1: Fruit Options</p>	<p>11 TURKEY & GRAVY OVER NOODLES or W. W. GOURMET PIZZA PICK 2: VEGETABLES CALIFORNIA VEG MIX PICK 1: Fruit Options BONUS – GRIPZ W.W. CHOCOLATE CHIP GRAHAM COOKIES</p>	<p>12 W.W. PENNE PASTA WITH MEAT, ALFREDO OR MARINARA WITH GARLIC BREAD ROLL or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES (GREEN BEANS) PICK 1: Fruit Options</p>	<p>13 WHITE WHOLE GRAIN BREAKFAST BAGEL (egg, cheese, bacon or sausage) or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 1: Fruit Options</p>		<p>Our menus are planned by Registered Dietitian Mark Bindus and are certified by the USDA to meet or exceed the highest standards required.</p> <p>HealthierUS School</p> <p>The USDA is an equal opportunity provider and employer.</p>
<p>16 POPCORN CHICKEN WITH W.W. MINI HOT SOFT PRETZEL or WHITE WHOLE WHEAT PEPPERONI OR CHEESE PIZZA Or Alternate Entrée PICK 2: Vegetables (BBQ BAKED BEANS) PICK 1: Fruit Options</p>	<p>17 TACO TUESDAYS 2 Whole Grain CHICKEN OR CHEESE QUESADILLA W/ TOPPINGS or W.W. (2) HOMEMADE CHEESY BREADSTICKS / scc PICK 2: Vegetables (BUTTERED CORN) PICK 1: Fruit Options</p>	<p>18 6 WHOLE GRAIN MINI CORN DOGS or W. W. GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (4) POTATO SMILES CALIFORNIA VEG MIX PICK 1: Fruit Options FRUIT PUNCH JELLO (100% JUICE)</p>	<p>19  GOLDFISH GRILLED CHEESE SANDWICH (W.W.) or W.W. (2) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: VEGETABLES FRESH STEAMED BROCCOLI W/ CHEESE PICK 1: Fruit Options BONUS W.G. GIANT GOLDFISH GRAHAM</p>	<p>20 (9) MINI PANCAKES W/ SYRUP with 2 Slices of Fried Ham or W.W.W PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES (2) POTATO TRIANGLES) PICK 1: Fruit Options</p>		

WINTER BREAK – DECEMBER 23 – JANUARY 6 – NO SCHOOL!

100% FRUIT JUICE ONLY
AVAILABLE AS A SIDE DISH ON MONDAYS, WEDS, AND FRIDAYS



2014 TIGER WELLNESS WORKSHOP

WHEN: Saturday, January 18th from 9am to noon
WHERE: THS Commons
WHAT: -Free Youth Fitness Testing with prizes
 -Fitness Demos
 -Area health and wellness businesses showing off their products or services.
 -Tiger 2 for 2 for Hunger Free Throw Contest \$2.00 for 2 minutes of free throws with all proceeds going to Paws on Hunger (Top Boy and Girl from each school when a great prize).

CLICK ON LINK TO THE LEFT FOR MORE INFO

FRUIT & VEG OPTIONS: Tuesday and Thursdays

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Sliced Cucumbers w/ ranch, Small Romaine Salads, Baby Carrots
PICK 1 FRUIT: Sliced Bananas w/ Choc Syrup, Fresh Watermelon, Strawb, Fresh Oranges, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Canned Fruit

FRUIT & VEG OPTIONS: Monday, Wednesday, Friday

PICK 2 VEGETABLES: Menued Hot Veg, Potato or Pasta, Small Romaine Salads, Baby Carrots
PICK 1 FRUIT: 4 oz 100% Juice, Sliced Apples w/ Caramel, Fresh Oranges, Flavored Applesauce, Canned Pineapple & Canned Mandarin Oranges, Ass't'd Can Fruit, Fresh Cantaloupe